

Harvest Pork Stew



Gluten Free



Popular

READY IN



100 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 macintosh apples cored cubed
- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 3 cups butternut squash frozen cubed
- ☐ 2 cups carrots diced peeled
- ☐ 3 cups chicken broth
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 2 cloves garlic minced

- ☐ 1 medium onion chopped
- ☐ 1.5 pounds fatty pork boneless cut into 1/2-inch cubes
- ☐ 2 large potatoes cubed peeled
- ☐ 0.3 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt

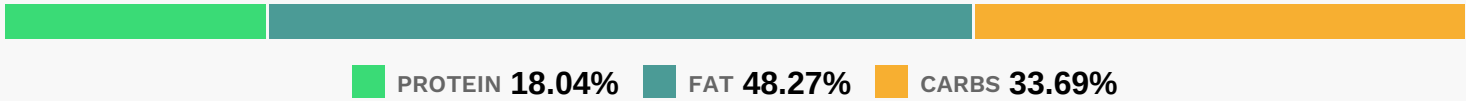
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt the butter in a large skillet over medium-high heat.
- ☐ Add the pork and cook until lightly browned on all sides. Stir in the garlic and onion, and continue to cook until the onion has softened, and the pork is firm, and no longer pink, about 5 minutes.
- ☐ Place the pork and onions into a large saucepan.
- ☐ Pour in the chicken broth, and season with salt, rosemary, sage, and the bay leaf. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 20 minutes.
- ☐ Stir in the butternut squash, apples, potatoes, and carrots. Return to a simmer, then cook, uncovered until the squash and apples are tender, about 20 minutes.
- ☐ Remove the bay leaf and serve.

Nutrition Facts



Properties

Glycemic Index:56.6, Glycemic Load:19.77, Inflammation Score:-10, Nutrition Score:28.644782232202%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg

Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 522.9kcal (26.14%), Fat: 28.47g (43.8%), Saturated Fat: 11.43g (71.41%), Carbohydrates: 44.71g (14.9%), Net Carbohydrates: 37.61g (13.68%), Sugar: 12.13g (13.47%), Cholesterol: 94.03mg (31.34%), Sodium: 764.36mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.88%), Vitamin A: 14732.88IU (294.66%), Vitamin B1: 1.07mg (71.49%), Vitamin C: 46.71mg (56.62%), Vitamin B6: 1.02mg (51.19%), Selenium: 29.41µg (42.01%), Vitamin B3: 7.82mg (39.09%), Potassium: 1344.39mg (38.41%), Phosphorus: 325.96mg (32.6%), Fiber: 7.1g (28.39%), Manganese: 0.52mg (25.98%), Vitamin B2: 0.44mg (25.73%), Zinc: 3.21mg (21.43%), Magnesium: 85.19mg (21.3%), Vitamin B5: 1.6mg (15.99%), Iron: 2.8mg (15.54%), Copper: 0.3mg (14.89%), Folate: 57.88µg (14.47%), Vitamin B12: 0.83µg (13.75%), Vitamin E: 1.57mg (10.47%), Vitamin K: 10.56µg (10.06%), Calcium: 94.18mg (9.42%)